

KETO LOW CARB FOOD LIST

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FRUITS	SERVING	NET CARBS
Avocado	1 med	2
Star Fruit	1 cup	4
Lemon	1 med	4
Tomatoes	1 cup	5
Coconut (shredded)	1 cup	5
Blackberries	1 cup	6
Plums	1 med	6.6
Raspberries	1 cup	7
Celestine	1 med	7.7
Strawberries	1 cup	8
Grapefruit	1 cup	10
Watermelon	1 cup	11
Cantaloupe	1 cup	11
Kiwi	1 cup	12
Peaches	1 cup	12.2
Cherries	1 cup	16.5
Blueberries	1 cup	17.4

VEGETABLES	SERVING	NET CARBS
Kale	1 cup	0.05
Broccoli Rabe	1 cup	0.2
Watercress	1 cup	0.3
Arugula	1 cup	0.4
Spinach	1 cup	0.45
Jalapeno	1 med	0.5
Lettuce	1 cup	0.5
Swiss Chard	1 cup	0.75
Bok Choy	1 cup	0.8
Mustard Greens	1 cup	0.8
Collard Greens	1 cup	0.8
Garlic	1 clove	0.9
Celery	1 cup	1.4
Olives	10 large	1.8
Asparagus	7 med	1.9
Radish Slices	1 cup	2
Mushrooms	1 cup	2
Cabbage	1 cup	2.25
Eggplant	1 cup	2.3
Cucumber	1 med	2.96
Cauliflower	1 cup	3.2
Fennel	1 cup	3.3
Kohlrabi	1 cup	3.5
Green Beans	1 cup	3.6
Okra	1 cup	3.8
Tomato	1 med	4
Broccoli	1 cup	4
Zucchini	1 med	4
Carrots	1 med	4.3
Bamboo Shoots	1 cup	4.5
Brussels	1 cup	4.5
Jicama	1 cup	4.6
Snow Peas	1 cup	4.9
Turnip	1 med	5.8
Pumpkin	1 cup	7.4
Bell Pepper	1 cup	7.5
Onion	1 med	8.6
Leek	1 cup	11.4

MEAT / POULTRY	SERVING	NET CARBS
Beef	3 oz	0
Chicken Breast	3 oz	0
Chicken Thigh	3 oz	0
Lamb	3 oz	0
Pork	3 oz	0
Turkey	3 oz	0
Ground Beef	3 oz	0
Ribeye Steak	3 oz	0
Ground Lamb	3 oz	0
Liver	3 oz	0
Pork Chop	3 oz	0
Bacon	3 oz	1.35
Sausage	3 oz	1.4

SEAFOOD	SERVING	NET CARBS
White Fish	3 oz	0
Prawns	3 oz	0
Salmon	3 oz	0
Shrimp	3 oz	0
Scallops	3 oz	2.7

OTHER	SERVING	NET CARBS
Eggs	1 large	0.7
Tofu (firm)	3 oz	1.9
Tempeh	3 oz	6.5

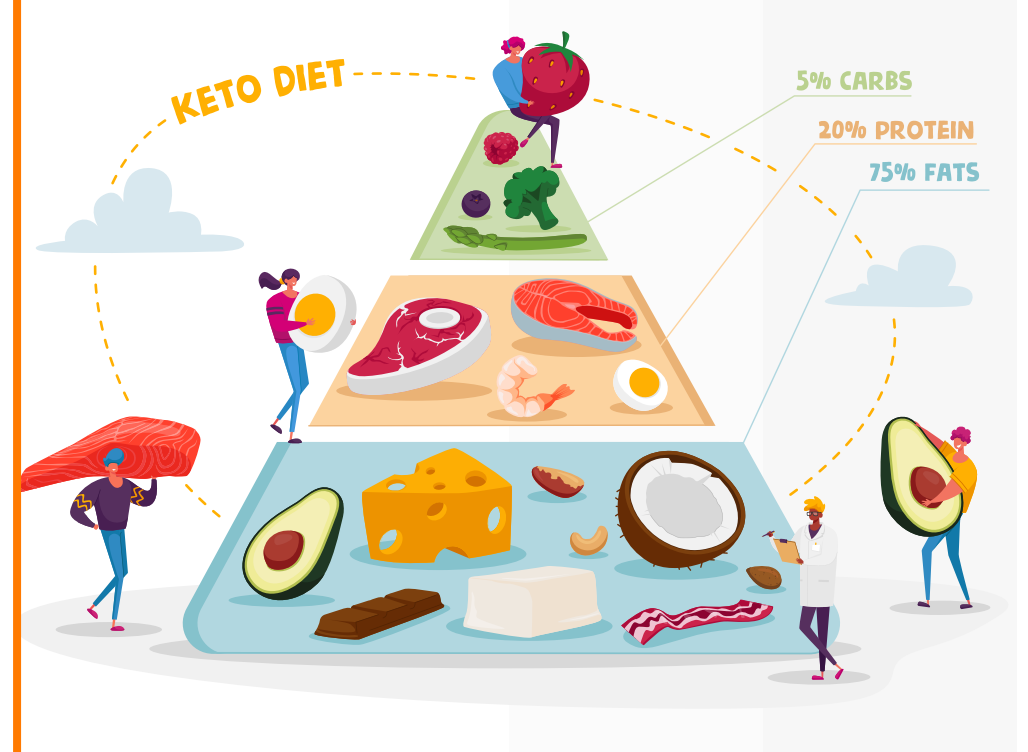
NUTS / SEEDS	SERVING	NET CARBS
Chia Seeds	1 tbsp	0.4
Pecans	1 oz	1.2
Pine Nuts	1 oz	1.2
Brazil Nuts	1 oz	1.2
Pumpkin Seeds	1 oz	1.3
Macadamia	1 oz	1.5
Tahini	1 tbsp	1.8
Hazelnuts	1 oz	2
Walnuts	1 oz	2
Peanut Butter	1 tbsp	2
Almond Butter	1 tbsp	2
Almonds	1 oz	2.7
Sunflower Seeds	1 oz	3.2
Pistachio nuts	1 oz	4.9
Cashew Nuts	1 oz	7.6

FLOURS / BAKING	SERVING	NET CARBS
Stevia	1 tbsp	0
Erythritol	1 tbsp	0.5
Flax Meal	1/4 cup	0.6
Cocoa Powder	1 tbsp	1.13
Almond Milk	1 cup	1.2
Psyllium Husk	1/4 cup	1.4
Almond Flour	1/4 cup	2.2
Coconut Flour	1/4 cup	3.2
Hazelnut Flour	1/4 cup	4
Monk Fruit	1 tbsp	4
Coconut Milk	1 cup	6.4

DAIRY / ALTS	SERVING	NET CARBS
Butter	1 tbsp	0
Brie	1 oz	0.
Mayonnaise	1 oz	0
Mascarpone	1 oz	0
Sour Cream	1 tbsp	0.55
Heavy Cream	1 oz	0.6
Cheddar Cheese	1 oz	0.6
Gouda Cheese	1 oz	0.6
Greek Yogurt	1 oz	1
Mozzarella	1 oz	1
Parmesan	1 oz	1
Feta Cheese	1 oz	1.2
Cream (full-fat)	1/4 cup	1.6
Cream Cheese	1/4 cup	1.6
Cottage Cheese	1 cup	7.1

FATS / SAUCES	SERVING	NET CARBS
Aioli	1 tbsp	0
Mayonnaise	1 tbsp	0
Olive Oil	1 tbsp	0
Tabasco	1 tsp	0
Mustard	1 tbsp	0.3
Guacamole	1 tbsp	0.5
Soy Sauce	1 tbsp	0.9
Bernaise	1 tbsp	1
Tartar	1 tbsp	1.9
ACV	1 cup	2.2
Lemon Juice	1 oz	2.4
Balsamic	1 tbsp	2.7
Pesto	1/4 cup	3
Salsa	1/4 cup	3.1

BEVERAGES	SERVING	NET CARBS
Tea	1 cup	0
Soda Water	1 cup	0
Liquor	1 oz	0
Diet Soda	1 cup	0
Beer (light)	1 oz	0.5
Red Wine	1 oz	0.7
White Wine	1 oz	0.7
Coffee	1 cup	0.81
Beer	1 oz	1



SOURCE: The USDA FoodData Central App, <https://fdc.nal.usda.gov/fdc-app.html#/>

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